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CANADA

HOW TO MANAGE HOUSEWORK IN CANADA

THE LITTLE BLUE BOOKS
HOUSEHOLD SERIES

ISSUED BY
DEPARTMENT OF HEALTH, CANADA
OTTAWA

A Prayer for the Kitchen Wall

By Nancy Byrd Turner

My labour make me glad!
May I have eyes to see
Beauty in this plain room
Where I am called to be:
The scent of clear blue smoke,
The old pans polished bright,
The kettle's chuckling joke,
The red flame's lovely light.
May I have wit to take
The joy that round me lies.
Whether I brew or bake,
My labour make me wise!

My labour leave me sweet!
When twilight folds the earth,
May I have grace to smile
And count the day's good worth,
An old song in my soul
And quiet in my breast,
To welcome tranquilly
The night's old gift of rest,
And gather strength to face
Tomorrow's busy strife.
Here in this humble place,
My labour bless my life!

—*Good Housekeeping.*

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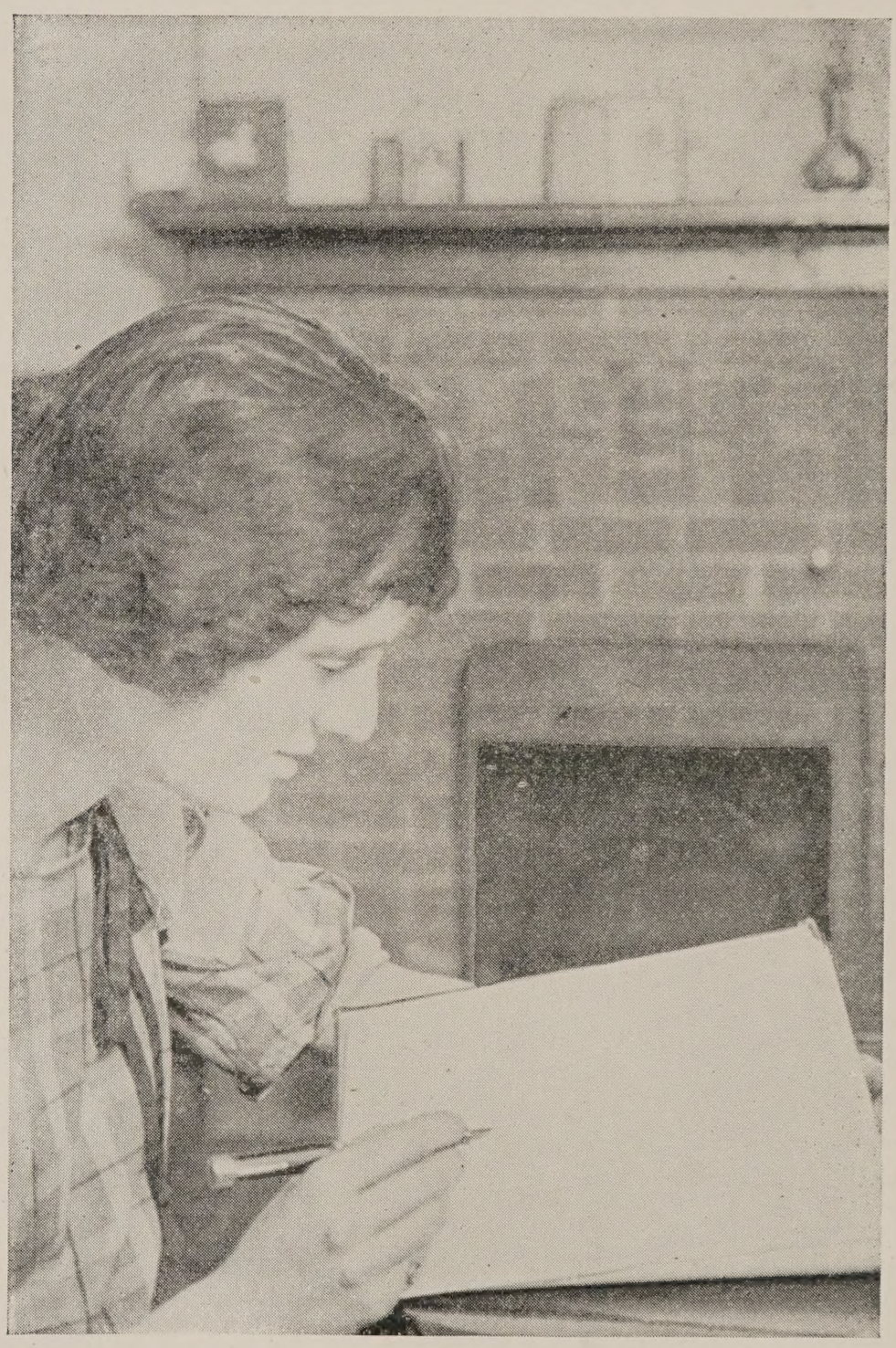

THINKING IT OVER. W. J. Turnbull.

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DOMINION OF CANADA

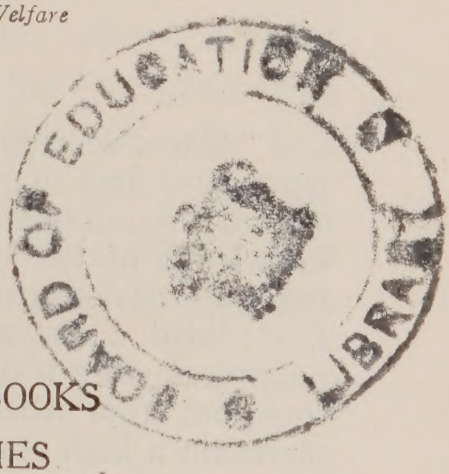
DEPARTMENT OF HEALTH

HOW TO MANAGE HOUSEWORK IN CANADA

BY

HELEN MACMURCHY, M.D., (TOR.)

Chief of the Division of Child Welfare



THE LITTLE BLUE BOOKS

HOUSEHOLD SERIES

OTTAWA

F. A. ACLAND

PRINTER TO THE KING'S MOST EXCELLENT MAJESTY

1923

(52.817)

"In resolving to do our work well is the only sound foundation of any religion whatsoever."

—*Ruskin*

¶ ¶

"He who intermits
The appointed task and duties of the day—
Untunes full oft the pleasures of the day;
Checking the finer spirits that refuse
To flow, when purposes are lightly changed."

—*Wordsworth*

¶ ¶

"What we look for, work for, pray for . . . . . is a nation where class shall be bound to class by the fullest participation in the treasure of the one life; where the members of each group of workers shall find in their work the development of their characters and the consecration of their powers; where each citizen shall know and be strengthened by the knowledge that he labours not for himself only, nor for his family, nor for his country, but for God."

—*B. F. Westcott*

¶ ¶

"The twentieth-century household demands of its managers, first of all, a scientific understanding of the sanitary requirements of a human habitation; second, a knowledge of the values, absolute and relative, of the various articles which are used in the house, including food; third, a system of account keeping that shall make possible a close watch upon expenses; fourth, an ability to secure from others the best they have to give, and to maintain a high standard for honest work."

—*Mrs. Ellen H. Richards*

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HOW TO MANAGE HOUSEWORK IN CANADA

THE management of the house is a most important occupation. The farm, the factory, the market, the store, the school, and other occupations exist to serve and help the home. The home does not exist for them. They exist for it. Respect and magnify your work. Managing the house is not a something to be hurried through so as to get on to something else. It is your life-work and your profession, and is a source of joy, comfort, usefulness, and income, as all good work should be.

Mother's house is her castle, where all she loves are safe and happy. The Preacher has his Pulpit and the King has his Throne, but Mother does not envy them. In her own Kingdom she is all-powerful. Neither Church nor State could stand without the kind of home that Mother makes and manages.

The Time-Table

A time-table is quite a help. Make a list of your work and the time needed for each thing. Usually about seventy per cent of our time is spent in or about the kitchen. Isn't

that too much? Let us study to lessen it by using better methods. Arrange in order by hours, including everyday work, special work, rest, leisure and recreation. Marketing, for example, may need to be done every other day. This helps us to do our work without getting too tired, to have everything on time, to leave out things that are not really necessary, and to divide our time wisely. It also helps to protect us against feeling hurried and pressed, and to keep us from being tempted to steal from ourselves the little time for fresh air, rest, reading, and leisure. It is not only a wise but a necessary thing that a woman managing the work of the house should have her rest and recreation time.

But do not be a slave to your time-table. There is a best time for certain things.

The best time to clean the cellar is when it turns cold suddenly. Then the cellar feels quite warm when you go into it.

Clean As You Go

Keeping things clean in the house has a technique of its own. Prevention in this, as in other things, is better than cure. Keep things clean as you go along. Learn the technique—the way to do it. Training, intelligence and

modern methods in managing which prevent waste and save labour and strength are of great use in keeping the house clean and sanitary. Be the home ever so humble, the bright fire, the clean floor, the pretty walls, one or two flowers showing against the clean window pane, a few cents worth of scrim or muslin for a curtain, skilfully arranged and adjusted, make a picture that more than one artist has placed among the ideals of humanity.

What Does Management Mean?

Good management secures good health, saves strength and prevents fatigue. The manager knows what to do, and the best way to do it, which is also the cheapest. She uses her strength and skill where they will do the most good. She never puts her feelings before the rights of others, nor her rights before their feelings. She gets everybody to help her. She allows for human frailty. She does her best for everybody and gives everybody fair play, giving each the work that he or she can do best. She has a place where she can put things till she can "get round to them." This means, among other things, saving time, work, and materials so that there is no waste, and doing things by law, order, system and principle, not by guess and

haphazard. It means thinking out everything beforehand and having a plan to work by. It means abolishing unnecessaries. It means not working too long or too hard without rest. It means promptness and punctuality, and short cuts and easy ways and labour-saving devices, for these save time and strength. It means that we always have things right. It means that we work with other people and let them help. The twentieth-century husband is doing more for his wife than the nineteenth-century husband did.

Scientific Management

If we can apply science, that is knowledge, to the management of housework we can save strength, time, money, and the work of the house will go quietly on so that it almost seems as if it did itself.

There are twelve principles of scientific management, as stated by Mr. Harrington Emerson:—

1. *Ideals.*—What do you want to do in your Housework?
2. *Common Sense.*—How are you going to do it?
3. *Competent Counsel.*—Are you going to get good advice and follow it?

4. *Discipline.*—Are you going to manage yourself first, keeping to your plan and your ideals and helping others to do the same?
5. *The Fair Deal.*—Live and let live. All for each and each for all.
6. *Records.*—Reliable, immediate, accurate and accessible, covering working-time, money, information.
7. *Planning and Dispatching, What, Why, How.*—Studying the best and easiest way to do things. Working under the best conditions as to light, air, height of table, tools and instruction.
8. *Standards and Schedules.*—Quality of work. Skill. Doing work according to instructions or schedule.
9. *Standardized Conditions.*—Making the house and all in it convenient for work and comfort.
10. *Standardized Operations.*—How to do things. Action and movement to get best results.
11. *Written Standards.*—Keep records of your instructions and practice.
12. *Efficiency, Reward.*—Appreciate the improvements that you and others have made. Enjoy them. Reward them. Note their benefits to yourself.

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These are all modern and progressive principles and have been proved useful. Mother lived before the " discovery " of these twelve principles, but she really used them all in her daily work in her home. If you do your work this way, you will always feel, as Mother did, that she could do the work she had to do. It helps. It gives you a quiet and serene spirit. There is no such word as " fail " or " fear ".

Monday Morning

Let us take Monday morning, for example. Are you getting up early?

Everybody is willing to go to bed early on Sunday night, and that makes a good start on Monday morning.

Of course John picked up his Sunday School papers and took them up to his own room, also his Sunday School Library book, and he has always hung up his coat, cap, muffler and put away his other things ever since he was old enough. Daddy showed him how, beginning when John was about four years old. There is no clearing up to be done for John on Monday morning. Nor for anybody else, because this is the law of the house. Everybody thinks it is easier to put boots away clean, ready to put on next time. It saves a lot of work and helps to

divide labour. Mother does not have to pick up other people's things when she comes down to the kitchen to make breakfast.

Mother and Mary

Mary, who is twelve years old, set the table last night, as usual, before she went to bed, and left everything ready for breakfast. There is the sound of Mother's window opening—Here she comes, a perfect picture from her glossy hair and her shining morning face to the toe of her polished house-shoe. Seven o'clock or perhaps six o'clock, strikes as she lights the lamp and puts it in a safe bracket on the yellow kitchen wall and puts out her candle, for it is winter time and dark at seven.

The Weekly Menu

On Friday Mother writes out her menu for the next week and all the food for breakfast has been placed ready by Mary accordingly and is now to be cooked, so that all is on the table ready for Grace to be said by Daddy at 7.30 a.m. Meantime, Mary has been looking after the baby, aged eighteen months. While Mary and John were in their babyhood Mother and Father shared the work between them and everything came along famously. Daddy

dressed Mary, and John, who was the baby then, slept on till Mother was ready to look after him about 8.30 a.m.

Clearing Away

Breakfast being safely over, the food is all put away carefully first, then the dishes are scraped and quickly " classified," saucers, cups, plates, each in a separate pile, greasy plates having first been wiped pretty clean with a piece of paper which was then burned in the stove. Hot water, soap, a wire basket for rinsing, a clean dish cloth and clean tea-towels make short work of the dishes. They are all back on the shelves in twenty minutes. As for the frying-pan in which the bacon and eggs were cooked, it is light and easily handled, and after the fat has been drained into the proper cup the frying-pan is wiped clean with a bit of clean paper saved on purpose. Nothing remains of breakfast except the egg-shells which have been slipped into a paper bag, ready to be thrown out in the poultry house later on, and the rind of the bacon which has been dropped into the " stock pot " started fresh this morning, and the tea-leaves, which were rinsed, and put in a covered jar, ready to use for sweeping carpets and rugs.

The Beds

The next thing to do is to make the beds. They have been "turned out"—the bedroom windows opened and the doors shut because it is still cold weather. Now open the doors and shut the windows. The air and the bed and the bed-clothes are clean and fresh, and the beds look so nice when they are properly made. It is a fine art to make a bed well. Have a helper. Two people can make two beds much quicker than one person can make one bed. It saves walking. Team work pays.

Bed-room Dishes

There may now be bed-room crockery to clean. As far as possible, each person cleans it after using. Some of the pieces may need scalding and scrubbing with a long handled brush about once a week. This work should be simplified as much as possible, and any necessary carrying of water up and down stairs should be done by somebody "on his way" so as to save an extra trip. But it is hoped that the day will soon come when every Canadian house will have a bathroom and an inside toilet. No other expenditure helps the family and the home maker more than this. It puts us on a different plane of comfort and helps to secure the ideals of home life.

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Plumbing

Bath-room plumbing should never be "enclosed". Each person, after using the basin or bath or other fixture, should leave it clean and in good order. As soon as the children can understand, they should be taught to do this too. Soap and hot water will keep the fixtures clean and if they are dried and rubbed every day or two with a clean soft cloth they will need but little extra cleaning. Never use strong acids or gritty powders as bath-room cleansers. They do more harm than good. Good plumbing is much cheaper in the end. Plumbing repairs are costly.

Plan of Work

What is the plan for Monday's work? Plans of work may be for the year—the month—the week—the day. All are important.

Sewing

Each season brings its own work. The winter, being the time of more leisure, especially in the country, is the time for Spring and Summer sewing to be done. Clothes are of great importance to the comfort, social standing and work of the individual, and good materials, which will always give pleasure and satisfaction, are much the cheapest in the end. Get a dress-

maker or a reliable merchant or a friend, who knows about such things, to explain to you how to judge materials. Good books on textiles and clothing may now be bought and are a great help. Patterns for babies' and children's clothing may be bought for a small sum and they are useful.

On the other hand, one good " tailor-made " suit for Mother is a real economy. Such a suit cannot be made properly except by a professional. It " pays for itself " by lasting well and looking well. The " ready-made " suit and dress may be bought in many good shops.

Sewing table-linen and house-linen is pleasant work; dating and numbering the pieces when you mark them is a good plan.

A good sewing-machine, as everyone knows, is almost indispensable. In a rural community, co-operation in buying and using a sewing-machine may be found a good plan. A small electric motor attached to it saves much time and strength. Modern attachments which are used to make button-holes, hems, felled seams, and simple trimmings are also really helpful.

Moths

Have you been annoyed with clothes moths or cockroaches or buffalo bugs or other marauders? You know moths generally lay their eggs in

March, so that is the time to beat all the dust out of woollen garments and put them away. Strong brown wrapping paper is excellent, and it is as well to wrap the bundle twice. Clothes that you are using every day are pretty safe; it is the clothes that are not being worn that the moths eat, especially if they have not been thoroughly cleaned.

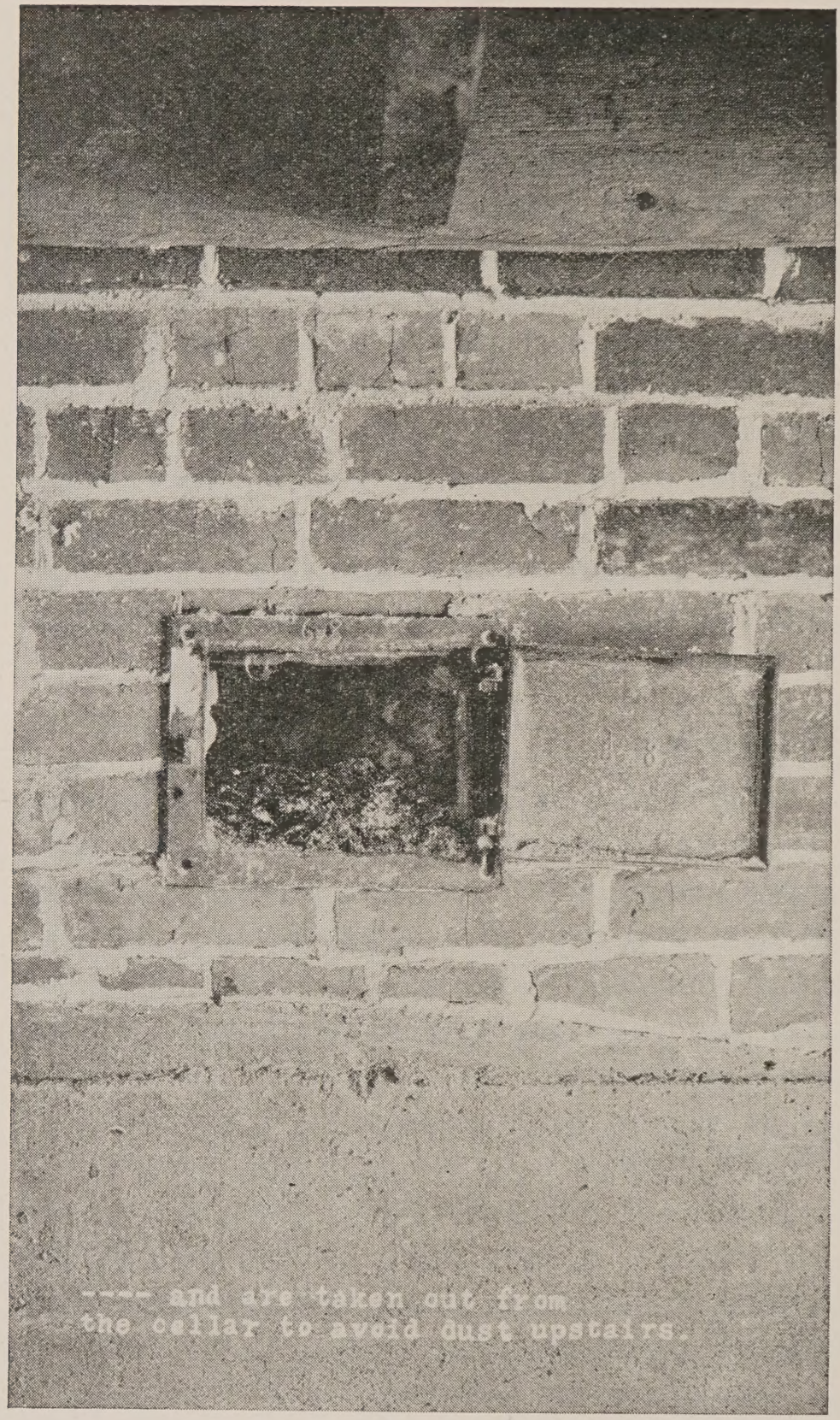
Often other household insects are troublesome. For information and help about how to get rid of them, write to your nearest Agricultural College or to the Dominion Entomologist at Ottawa.

Marmalade

In February or March or as early as December, is a good time to make that delicious home-made marmalade. An orange-cutter can often be borrowed from your grocer or you and your neighbours could buy one in partnership, and then you can " carry on " as the farmers do with their machinery.

Potted Meat

There are many favourite meats and foods for winter. Among these is " Potted-Meat." Look at your Diary, to see how and when you made it last year.



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The Plan for the Week

This is perhaps the most useful plan of all. There is work to be done every day—three meals to get and attending to fires, and keeping the house clean.

On an average, each meal occupies, in preparation, eating and clearing away, about two hours. Six hours a day for meals. This shows clearly the need of good management, because we should keep as near to working eight hours a day as we can.

Heating

In winter, we plan carefully for regular attention to stoves and fires. A furnace makes house work easier. We think it all out and have a plan for firing-up and fetching fuel and taking out ashes and so on.

When it is Afternoon

All housework, except the evening meal, should be over, if possible, when mid-day dinner is finished and cleared away, and the house tidy. Mother and all her helpers need leisure in the afternoon. There must be a personal reserve in time every day. If all the family are allowed to devour Mother's own time, they will not appreciate her as they should nor as they

will if it is a family tradition that when Mother sits down with a book, newspaper or magazine in her own room, or in her own Rest Corner in the kitchen, she is no more to be disturbed than Father when he reads his newspaper at night.

When the house is tidy the mistress goes off to her own room and shuts the door—I hope she takes off her apron and dress and has a little rest and perhaps a nap. It keeps her young and strong. Then she washes her face and hands and brushes her hair, puts on her afternoon dress, and sits down for a few minutes to read, by and by to sew, or to oversee the tea, for by this time some of the children will be home from school and ready to help.

Dish-Washing

Let us all help and take our turn in washing dishes. We can make this work pleasant.

Organize the job. Classify or " stack " your dishes by size and quality. How do you scrape your dishes? It often takes twenty " scrapes " with a knife to clean a plate. Try a bit of paper wet in hot water, or some other plan which will reduce the twenty motions to two: paper towels are quite a help in the kitchen—or newspapers. Of course the best eaters leave a clean plate. Buy yourself three little mops " a-purpose "—different sizes, and one with a brush on it. Wear

a rubber glove on your left hand. You know if you turn a right-hand rubber glove inside out it becomes a left-hand glove. So one pair of gloves last you a long time. Have your water just about boiling when you pour it on the dishes. Don't forget the soap. After you have "mopped" and scrubbed a dish clean, tilt one edge up out of the water with the mop and lift the dish out with your left hand. You can wash the dishes this way without wetting a finger.

Have a little wooden rack made with three holes the right size to hold your three mopsticks and two wooden pins at the end of the rack to hold out your glove to dry till next time. Have your dish-towels as nice as your bath-towels so that you can be proud of them. Have a "hot-rail" to dry them on. Time yourself. It makes work more interesting.

Do you need to wash dishes after every meal? We do not wash our clothes that way. Would it not be better to do the glass, silver and china and leave the other dishes to be done once a day? Team-work is good work—You need a "Washer", a "Dryer" and a "Putter-away." There are good Dish-Washing Machines. Shall we save up for one?

Dish-washing is of great importance in health and sanitation. Soap and boiling water, used

well and plenty of them, will keep things right. Pay special attention to cups, spoons, forks and other things which touch the lips. Give them an extra scald if anybody in the house has a bad cold.

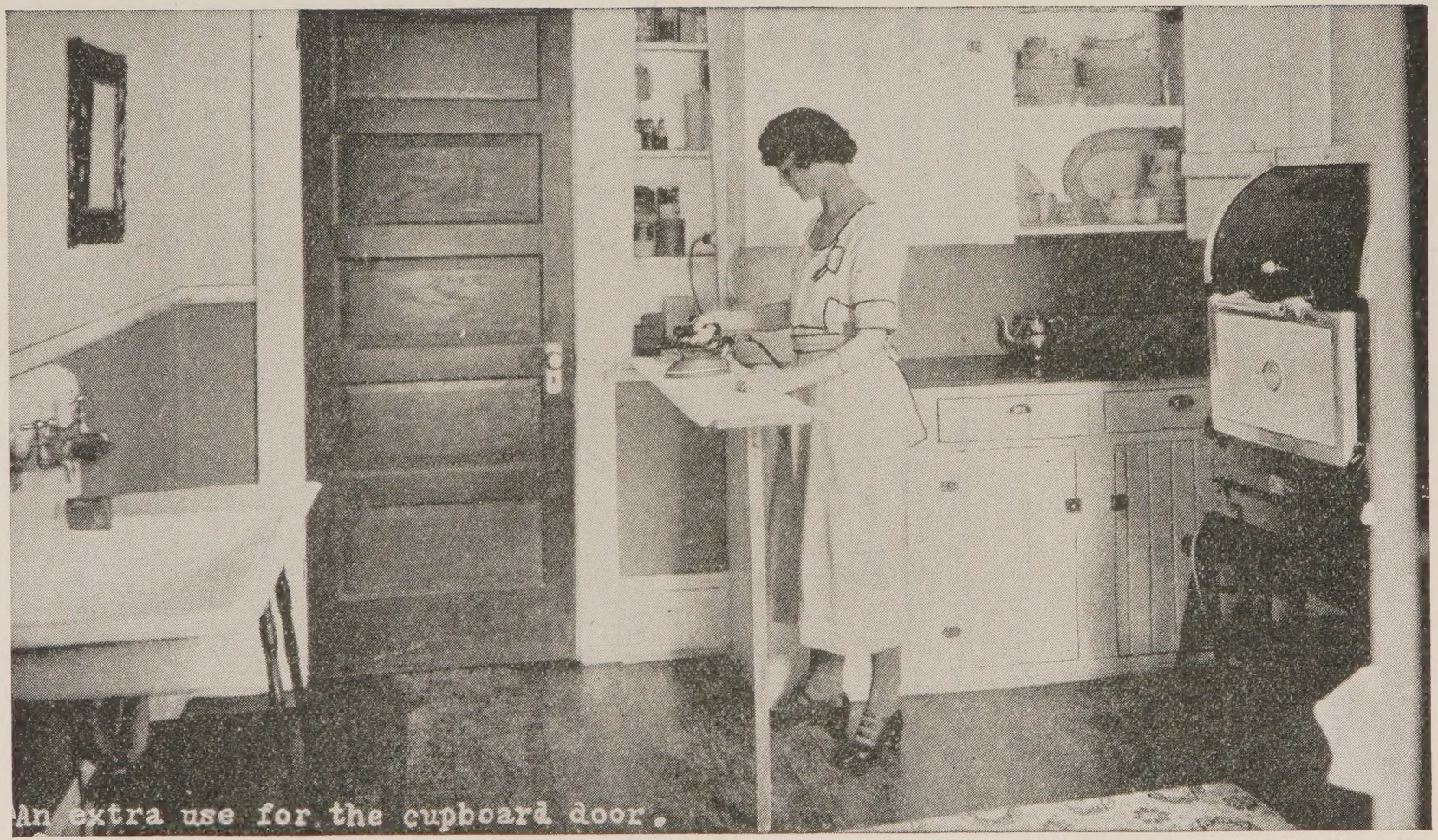
Points

The following points may help you out:—

1. Have the sink to suit your height and deep enough for your dish-pan.
2. Have a " drainboard " on each side of the sink: stack dishes on left: drain on right. Place the dishes in a wire basket to drain.
3. Do dishwashing sitting down. It is a good plan.
4. Have your shelves for dishes at right of sink.

Household Machinery

Newspapers and magazines bring us good news of labour-saving machinery for the household. We need it. It is well to wait a bit till we are sure what we want, sure we can work it, and sure that the machine is simple and not likely to need constant repairs. At the Fall Fairs and Exhibitions we can see these simple machines at work, and when we are on a trip to the city, many good labour-saving devices may



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be seen in the specialty departments of large stores. Our tools and our machines should be simple, strong, durable, well-made, and we should "like the look of them." Of course we are willing to think and to adapt ourselves to new and better ways of doing work.

Labour-Saving

Of course a great deal can be done to save work and time and strength without new machinery. Where there is a will, there is a way. Have everything simple. Don't buy things that are hard to clean. Put castors or "shoes" on the table, use the tray to carry things from kitchen to dining-room and back. Have a wheeled tray with several shelves. It is a great labour-saver. Plan your time. Make no extra trips and generally "make your head save your heels." There is a best and easiest way of doing every piece of work, however simple. Noise is a sign of inefficiency. Put a drop of oil on the squeaky hinge. The mother should never do anything herself that anyone else can do for her.

Running water has come to be a necessity in the farm-house. Everything that saves time and strength, from the egg-beater to the ice-box and the fireless cooker, is a good investment. It is a question of money and not so much

money either. Dr. Otis of Wisconsin has compiled a statement showing that farms pay in proportion to the amount of the farm value which is invested in equipment rather than in more land. And the equipment in the house is the best investment of all.

The Farm Home

In Canada, we are happy in having our population more rural than urban. It is of great importance that all having to do with public affairs should never forget the Farm Home.

Household machinery and labour-saving devices are specially needed in the farm home.

No Outside Farm Work

In the best managed farms in Canada it has been the rule for a generation or more that Mother is not expected to do any work outside the house, such as milking. The milk is brought to her. The same rule holds about vegetables. Someone goes to the garden and brings them to her. About the poultry, perhaps she may prefer to keep the direction of that, but John and Mary will both want to help her.

The poultry industry is getting to be very important. Herbert Quick says that the poultry products of the United States are worth more

than the wheat crop, and that nine-tenths of these are produced by the women on the farms. It is a very interesting subject, too, the care of poultry. You know the slogan of the Canadian Poultry Association in 1923, " Make the useful more beautiful and the beautiful more useful."

The Work of the Week

Now just a few hints from the Home-Health-and-Strength point of view about the management of the work of the week.

Monday—Washing.

Tuesday—Ironing.

Wednesday—Baking.

Thursday—Mending and sewing.

Friday—Sweeping.

Saturday—Cleaning and baking.

Washing

On Washing day of course the preparation and work of meals must be made even simpler and shorter than usual, to make time for the special work of the day.

Cold meat, hot potatoes, and a good pie, make a good Washing Day Dinner.

Time yourself. It makes work so much more interesting and scientific. And time your plan, so much time for each operation. An early

start, careful planning and a methodical way of working will make the washing easier. Leave things ready before-hand. Place the sorted clothes in the tubs on Saturday night, rubbing soap on the spots and stains, and before you go to bed Sunday night, pour the water over those that are to be soaked. This is a great help if the things are very dirty. With a washing machine you scarcely need to soak the clothes.

Preparation

Tubs, clothes-pins and clothes-lines, being all clean and in their proper place are ready for use when required. The boiler must always be kept very dry and clean. Buy good laundry bar soap, by the box, if possible, enough to last you three months or even a year. Or would you like to make your own soap? The directions printed on each tin of lye are usually good. Excellent directions are issued by the Home Branch* of the Soldiers' Settlement Board as follows.

Soap Made from the Drippings of Meat

The drippings of all kinds of meats are saved until six pounds have accumulated. This with

*Mrs. Jean Muldrew, Director.

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one can of lye will make fifteen cakes of hard soap, delightful for the bath, excellent for washing fine fabrics or laces.

Strain the drippings before putting away and again before being combined with the lye. Empty the lye into a quart of water, which will become hot as the lye dissolves.

Heat the grease until it is melted and lukewarm, then pour in the lye and water gradually, stirring constantly. The stirring is continued until the mass is thick and smoothly pasty. Pour this mixture into a dripping pan in which paper has been spread. Before it becomes hard, cut it in cakes two and a half by five inches and about one and a half inches thick.

Soap Making

Home-made Soap

One pound can lye dissolved in 3 pints cold water; 5 pounds melted fat, 1½ tablespoons borax, ½ cup ammonia. When lye has cooled, add it to the fat. Stir until as thick as honey. Pour into boxes lined with oiled or waxed paper. Set away to harden.

Naphtha Soap

Two cups melted fat, 4 tablespoons lye, dissolved in 1¾ cups water, 1½ ounces kerosene, 2

tablespoons washing soda dissolved in 3 tablespoons water. To the warm melted fat add the lye which has been mixed with the water and cooled to the same temperature as the fat. Beat thoroughly until the consistency of honey or salad dressing. Add kerosene and soda mixture and beat a few minutes longer. Pour into boxes lined with wet cheese cloth or oiled paper. Set aside to harden.

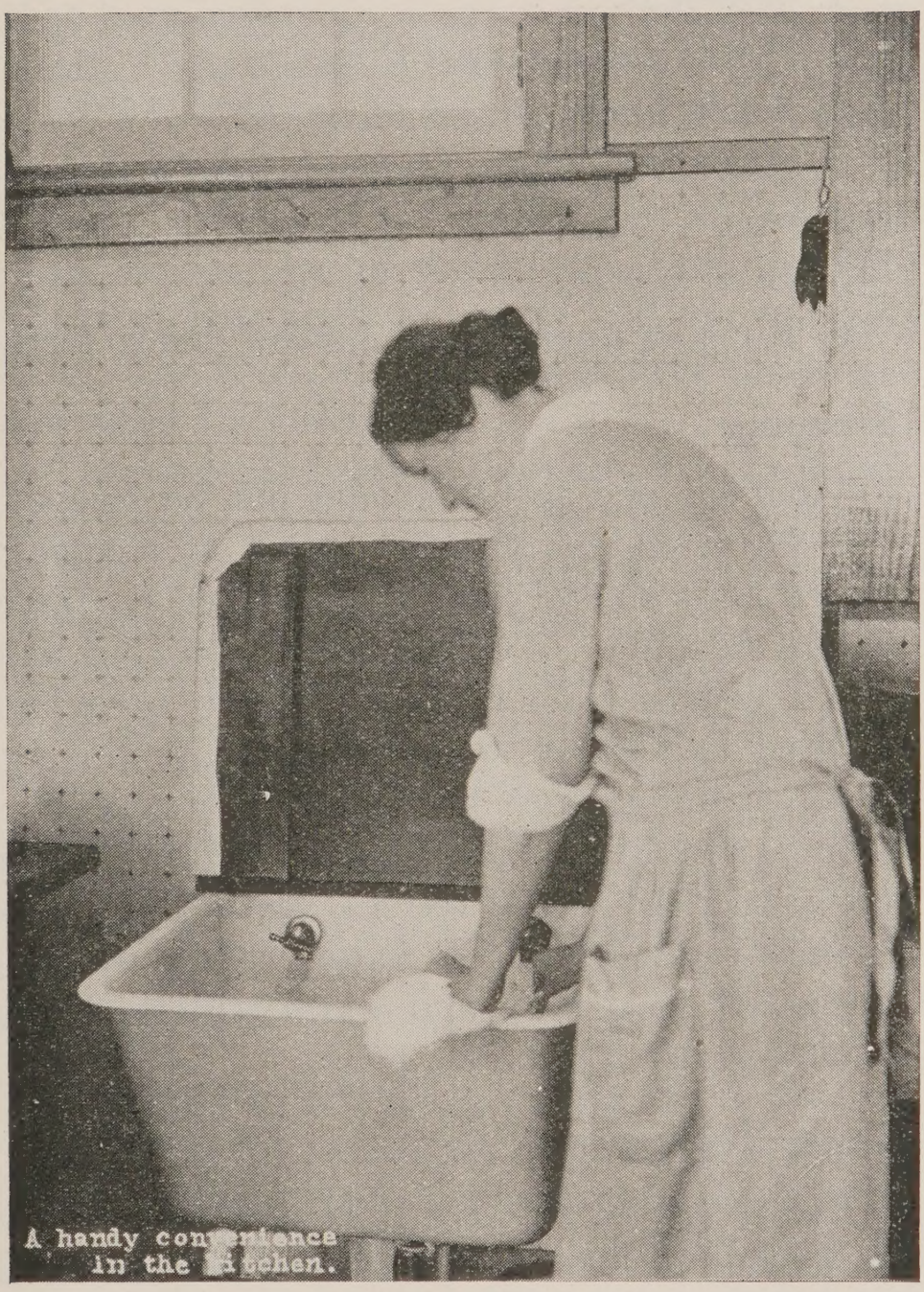
Castile Soap

Two cups olive oil, 4 tablespoons caustic soda dissolved in a small half cup of water. Mix the two ingredients together cold and stir until it looks like maple cream. Pour into boxes, etc.

Note.—Half cotton seed oil and half olive oil may be used for Castile soap. This will reduce the cost. Then cut it in pieces of the right size and leave it to dry on a high shelf. It lasts much longer. Shave the soap into very fine shavings and drop these into your tub of hot water a few minutes before you begin to wash.

Sorting

On washing day the fire is made early, the clothes having been sorted as follows, and some of them soaked or steeped.



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1. Woollens.
2. Prints and coloured things.
3. Table linen.
4. Cotton or linen underclothes and bed-clothes.
5. Best towels.
6. Rougher towels, dirty dusters, and so forth.

Steeping

Woollens and prints should not be steeped, but white clothes are the better of steeping. Soiled cuffs should have soap rubbed on them before steeping. Woollens are washed out first in a soap-lather, the water being luke-warm and at least two waters being used before rinsing. Woollen things must be washed very carefully, lifting them up and down in the water. Never wash woollens in hot water. Do not wring or twist but squeeze out the water. Never use anything but good soap and warm water. Hang outside to dry if possible.

Other Things

Flannels must not be soaked and must always be washed in lukewarm water, rinsing as often as necessary. Remember the tragedy of the New Canadian who put on all the family flannels to boil! Of course they were so shrunk

that they were ruined and never could be worn again. That one mistake probably cost our good New Canadian's family about $50 at least, and we don't mean to let it ever happen in Canada again. It is "up to you," My Canadian, to look out for the New Canadian neighbours so that such a tragedy will not happen. Why, that tragedy cast a gloom over the whole township for years!

Then coloured things are washed and rubbed, soap and hot water being used, but no washing-soda. Rinse well, using a little salt in the rinsing water. Look over the clothes again for spots. White things are boiled at least twenty minutes, then rinsed in cold water and then in blue-water. Have you a wringer? It is as indispensable as a sewing machine or a mowing machine, or a self-binder. Let us save up for a wringer, and then for a washing-machine.

Hanging Out

Wouldn't somebody hang out the clothes for you? But if you must do it this time, then wait till you have cooled off. Go and lie down a few minutes after finishing the washing, covering yourself with a blanket, till you feel rested and not over-heated, but comfortable. Then if it is cold weather, put on a sweater, mitts, and a

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woollen toque, and don't forget overstockings and rubbers. They are the most important of all. Then go and hang out the clothes. The sun and wind will do the rest. Nothing makes clothes so white as an airing in the sun. A dryer may be improvised in the attic for the winter wash-day. That is a good plan, too. Think of it when you plan the house. A weighted drying line, or "Yorkshire clothes line", is a comfort. Good clothes lines may now be bought which are worked round and round. Very convenient.

The Washing Machine

There are good washing-machines to be bought. Save up for one. It is worth it. If you have electricity, find out if an electric washer would not "pay for itself."

A washing-machine is a great help in the household. Electric washers are considered excellent by those who have used them, but there are other good kinds, the cost of which is fairly reasonable. One of the chief advantages of using a washing machine is the chance it gives for "teamwork." If Daddy or John would be kind enough to turn the washing-machine and if you have one other assistant you will finish your washing in about two hours.

The Contract

As a rule, the best time to put on the boiler is early in the morning. But one Canadian, who bought a washing-machine because he had no intention of being driven into an apartment-house, or of losing the real joys of home, starts his part of the "Contract" on Monday about 5.15 p.m. when he gets back from the office. Then his wife finishes her part of the "Contract" early Tuesday morning and is congratulated by her neighbours on having her washing "done so early".

In using a washing-machine the sorting of the clothes must be carefully and thoroughly done.

Put all coloured things by themselves and if some of these are very dirty keep them in a separate pile. Put "grey" and old things by themselves. Put coarse things by themselves and keep your fine things by themselves. If you have some new flannelette garments, wet these well to take out the "sizing" before putting with the rest.

Washing-Day

If Monday is a wet, stormy day, put off the washing till next day if possible. Always try to get at least the woollens and coloured clothes

dried on washing day—the white clothes may be left till next day if the weather is bad.

Try to get the washing done early in the day. And then air the house well to blow away the smell.

Floors

Sweeping takes little time and strength if we have polished floors. A hardwood floor costs more at first, but you get good value for your money, for the floor does not show marks, and, with reasonable care, always looks well. Whether hard or soft wood is used, a great deal depends on the skill and care with which the floor is laid, and on the preparation of the wood, which should be well-seasoned, well-matched and well-laid, every board fitting closely on either side, and under the " trim." After being well and truly laid, the wood should be stained a light or medium tint of brown, and then well waxed, by the man who laid it, with a good quality of floor wax. A new floor needs to be waxed about three times before it is said to be " finished." Afterwards it may be very easily dusted whenever necessary, using a duster, mop, hair-broom or cloth. It needs afterwards to be waxed only about once or twice a month, a small quantity of wax well rubbed in, being used. The

rubbing may be done by hand with a polishing cloth, or a heavy weighted polisher with a long handle may be used. The wax cleanses as well as polishes. Never wet a waxed floor. If water falls on it by accident, dry it off at once. Stains may easily be removed by gasoline. Scrubbing splinters wood and shortens its life. Wax preserves it long and well.

Some Home Makers are now oiling their hardwood floors—saturating them with oil in the beginning and then soaking them with oil again once a week.

Soft-wood Floors

A soft-wood floor may be stained, waxed and polished in the same way as a hardwood floor, but does not look as nice as a hardwood floor and marks show more or less. A soft-wood kitchen floor may be painted with two or three coats of hard deck paint, thoroughly dried; and then waxed as above. This costs almost as much as linoleum.

Linoleum

For the kitchen and the bath-room, linoleum is the best floor-covering. It must be laid properly, preferably by the man who sells it, and fitted under the " trim ", and the seams

cemented so that no moisture can possibly get under it. It costs three times as much as oil cloth, but it is really cheaper in the end, for it wears more than three times as long. It is very easily washed, and kept clean. It saves scrubbing. If a linoleum-covered floor is given a coat of shellac about once a year, it will look better and wear longer. Use a dustless "oil-filled" mop in cleaning and polishing it. It may also be waxed like a wood floor.

Sweeping-Day

The sweeper should have a linen cap or other convenient protection for her hair and wear a suitable dress, apron and household gloves.

1. Remove all tablecovers, rugs, etc. Shake them well in the open air and hang out on the line, if weather is suitable.

2. Open the windows at the top.

3. Place the movable things on the table, couch or bed, and cover with a "dust sheet." Move furniture to the middle of the room and cover.

4. Remove the dust from the floor. Begin at the farthest corner from the door. Sweep the sides of the room first, then replace the furniture and sweep the centre.

If the room is carpeted, scatter tea-leaves or wetted torn-up paper over the carpet to prevent the dust from rising. Pay special attention to the corners of the room. Sweep the "right way" of the carpet. Make rather short strokes with the broom. Take up the dust frequently in a dust pan to save work. When all the dust has been swept up, burn it in the stove.

A patent carpet-sweeper or a vacuum cleaner is a great help. This is one of the things it is worth while to save up for.

Dusting

Wait till the dust settles. Then lift the dust sheets by the corners, take them outside, shake out the dust, fold and replace the sheets where they belong.

Have two dusters, one being soft and slightly damped with furniture polish. Remove the dust from the ornaments, furniture, window-sills, etc., using the damp duster first and then the other, or use one in your left hand and the other in your right. Shake the dust off the duster into a newspaper and afterwards burn it.

Polish the furniture afterwards with two soft dry dusters, one in each hand, and arrange the room with everything in its place. The best dusters are made from old aprons or old print dresses.

Canadian Government Motion Picture Bureau.
Ottawa.

Scrubbing

We try to plan in Canada so that there will be as little scrubbing as possible. Linoleum or some other floor-covering that can be cleaned with a mop is good from the health and strength point of view. For scrubbing we need a pail with a little wringer attached to it, a good mop and plenty of hot water and soap. When you cannot see the bottom of the pail change the water. The wringer squeezes the water out of your mop. Take a leaf out of the plumber's book and appoint some one to be a " helper " when you are scrubbing.

If we are going to scrub the floor with a scrubbing brush, we have a nice thick comfortable mat or pad to kneel on, thus protecting the knees. Begin at the corner of the room farthest from the door and scrub or mop towards yourself.

Saturday's Work

Saturday's work is specially interesting. The weekly Saturday half-holiday helps to get through the morning's work. This is the day for cleaning the kitchen, doing " little odd jobs," getting help from Daddy, and the grown-up cousins, or uncles or aunts—and making good preparation for a happy, restful Sunday, with " a bit of comfort " for everybody.

Recreation

A place should be made in all plans, daily, weekly and yearly for amusement, recreation and games. Begin now. Have a treat of some kind every week, and a joy every day. It costs nothing to walk to the corner at sunset and enjoy the colours of the sky and the colours of the earth. Does your husband belong to a team or club of any kind? Go and see them play. What games do you play yourself? Get him to take an interest in them. Find out some place where you can have a supper or a dinner worth eating—and go and eat it. There are such places, where the prices will not ruin you. There is no better tonic for a home-maker than having a meal some one else has planned and cooked.

Where to Go

Then go and have a little fun. There are some good picture theatres. If you do not know them, write a confidential letter to the Board of Censors, Moving Picture Theatres, Parliament Buildings, in the Capital of your own Province and ask them to tell you. They will be glad to hear from you. Or write to the Moving Picture Division, Department of Trade and Commerce, Ottawa, and ask where the Dominion Government Moving Pictures are

being shown just now, in your part of the country. You will like them best of all. They are beautiful pictures. You need no stamp for that letter, just write O.H.M.S. instead of the stamp, for it is On His Majesty's Service, to find recreation for Canadians.

How to Begin Playing

If you have not begun already, then when the Baby comes, begin with the Baby. It is wonderful how soon the Baby begins to enjoy the wonders of the world. The first wonder to the Baby is always the first thing God made. He said—"Let there be Light. And there was Light."

The Baby can grasp your finger firmly in his tiny fist from the first. The Mother and Father can play gently with him when he is a few weeks old. But the great thing is to let him play quietly with himself and by himself. Give him one clean simple toy by and by—and when he has made a good deal of that, give him another—but never too many. Keep his toys in reserve. But always plan for the children's playtime and teach them to play. Play is the birth-right of childhood. Mind and body and character develop in playtime. Rest and recreation and joy are all in the day's work.

Some Hints

No Clutter.

Clear up as you go.

Have a Baking Morning.

Beware the Instalment Plan.

Stainless steel knives save cleaning.

Loose leaf notebooks are convenient.

Have you a Card Index for Recipes?

Learn something every day about "Your Job."

Don't use to-morrow's strength for to-day's work.

Keep next month's income for next month's expenses.

Clearing dining-table takes three minutes.

Try a fibre dish-pan for fine china.

The best-managed house seems to manage itself. It goes like clockwork.

Putty, paint and whitewash save a lot of work and dirt.

The floor is not the place to keep anything except furniture.

Don't fill a house too full of furniture. Leave room for the people.

We do not always need a tablecloth. Try runners or doilies.

Equipment and arrangement control two-thirds of house-work.

Think before you start a thing—Can you go on and finish it?

SOME MORE HINTS

Before renting or buying a house, ask yourself, " Can I clean it easily?"

Before buying a teapot or a saucepan ask self, " Can I clean it easily?"

Don't make a slave of yourself. Slavery is not allowed under the Union Jack.

Don't try to see how many knives and forks and spoons and cups and saucers and plates you can use—but how few—with comfort.

Is your furniture conveniently arranged? Try the sofa on the other side of the fireplace.

Are you buying something you will use three times a day? Get it good.

Never let the basin or the bath get dirty. Everybody cleans it after using.

Enter your expenses in your account book every day. It is the only way.

Be sure that all your helpers learn to use their minds as well as their hands.

Are you sure the summer kitchen is a good plan? How many steps and stairs does it make?

The cost of keeping a house clean is from one-quarter to one-half the cost of house rent.

If there is any household task that nobody enjoys, think out some way to change or abolish it.

SOME MORE HINTS

Making a loaf of bread or an apple pie or porridge is productive labour. Don't let anybody call you a non-producer.

Can you put your finger instantly on soap, pencil, pen, ink, paper, string, sugar, scissors and everything else in the house?

Don't try to do everything yourself. The manager should not do anything that she can get someone else to do.

When you have given Mary something to do, and she knows how, don't interfere with her if you can possibly help it. It is " Her Job."

Bring up the family not to make unnecessary work for anybody else. Then the lesson is learned for life. People should put away their own things.

Too unselfish Mothers may make selfish children. Teach your children to help you and to help themselves. Don't do anything for them that they can do for themselves.

Do you want your new knives to stay new? Take a piece of ticking, line it with Canton flannel; make it into a bag with a separate pocket for each knife. Keep each knife in its own pocket.

Your Helpers

Don't forget the Department of Health, the Department of Agriculture, the Department of Immigration, the Department of Trade and Commerce and all the other Departments of the Dominion Government and the Provincial Government and all the other Governments, great and small; the Post Office, the Parcel Post, the Rural Mail Delivery, the Public Library, the Travelling and Winter Fairs and Exhibitions, the School, the University Extension Department, the Telegraph, the Telephone, the Wireless, the Aeroplane, the Creamery (some Creameries have co-operative laundries in connection with them); the Women's Institutes, the Cercle des Fermières, the Homemakers' Club, the Home Economics Club, the Agricultural College or any of the other working resources of Canada. We all want to help Mother to do the housework and make the Canadian Home. Canada belongs to her and to her husband and to her children.

It was Saturday afternoon, and she was busy with paint and brush. She was not working on canvas. She was painting the kitchen. She was painting it yellow. "That's for sunshine," she said. "Why should the room where I spend so many hours a day be ugly and barren? Why should just anything be good enough for the kitchen? It shouldn't. I'm tired of looking at the smoky, dark walls, poorly-curtained windows, and tables and chairs, none of which match."

Then she told how she was going to paint the kitchen furniture the same sunny yellow to match the woodwork, how she was going to calcimine the walls a light spring-like green, put yellow and green gingham Dutch curtains at the windows to hang over dotted muslin sash curtains, and add a rocking chair to the room's equipment. I'm going to have it as comfortable and attractive as possible. If there's any room in the house where there's need of sunshine, it's the kitchen. It's a good place for a bouquet of flowers, too."

—*The Labour World*

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"As for the kitchen stool, she was essentially stupid. She says so herself. She never had any kitchen stool until a short time ago. "Then it suddenly occurred to me, why should I always stand up when I wash the dishes, why should I stand up when I wipe them, why should I stand when I pare potatoes, fix the vegetables at the sink; why shouldn't I sit, unless I want to stand? Then I got one of those high stools, and it's a blessing. Sometimes I wonder how many miles I walk about the house."

—*The Labour World*

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